

OLIVE OIL & THE MEDITERRANEAN DIET

GLOBAL HEALTH INTERNSHIP FALL 2024



Extra-virgin olive oil (EVOO) is at the heart of the Mediterranean Diet and has been cherished for centuries throughout the Mediterranean Basin. Olive oil contributes to delicious cuisine and to remarkable health benefits. The demand for EVOO is increasing worldwide, as studies show that adherence to the Mediterranean diet and olive oil consumption is associated with improved health and longevity. This program will be conducted with one cohort of students going to Greece and the other going to Italy during peak olive harvest time. The program offers students the chance to explore the health benefits of olive oil and its prominent role in the Mediterranean Diet and Lifestyle. Students will learn first-hand and on-site about the cultivation and production of olives and extra-virgin olive oil (EVOO). They will witness and participate in the olive harvest by picking olives and being in the olive mill to witness the production of EVOO, and taste freshly cold-pressed olive oil. They will experience and learn the art of olive oil tasting, so that they will be able to sense the positive characteristics of high-quality EVOO. Students will also learn how the Mediterranean diet is applied in Greece or Italy by experiencing the local cuisine and participating in cooking classes. Students will complete academic assignments before, during, and after they travel to their program location. It is expected that the cohort to Greece will participate in olive harvest activities in Androu, Messina in the Peloponnesse region, while those going to Italy will experience harvest and production activities near Maida in the Calabrian region. A few cultural activities will also be included in the program to enhance students' appreciation of the area they visit. Students are expected to interact with locals and have an openness to trying new foods not previously eaten. This program is not recommend for those with gluten or dairy issues, or those who are "picky" eaters.

DATES

This program will run for 7-9 days during Fall Semester 2024, with exact dates to be determined, but most likely in late October to mid-November.

HOUSING

Housing will include hotels, hostels, or agriturismo (farms that operate also as a B&B).

COURSES

Students in the program are required to take either HLTH 491 Mentored Research or HLTH 403 Special Topics: Olive Oil & the Mediterranean Diet for 3 credit hours during Fall Semester. Students should consult with the faculty director regarding the course best suited to them.

COST

\$4,500-5,000

This cost includes the three-credit-hour class for BYU Provo students, international health insurance coverage, housing, program-related transportation throughout the duration of the program, most meals, program-related cultural, and learning activities (e.g., cooking classes), and international airfare to Italy or Greece. Does not include passport, visa, personal expenses, international data plan, or personal excursions.

TRAVEL

Students participating in this program will be on group flights booked by BYU Travel. International airfare is included in the program cost. **Students must meet all country- and program- specific COVID and health requirements for travel.**

BYU Travel
280 HRCB
(801)-422-6293
travel@byu.edu

PREPARATION

Students from many majors are encouraged to apply, particularly those with interests in healthy eating and wellness. Accepted students are required to participate in in-person pre-departure meetings as part of the HLTH 403 course.

FUNDING SOURCES

Regular BYU tuition scholarships, Pell Grants, and Federal Insured Student Loans may be applied to study abroad programs. Academic departments and colleges may assist with scholarships and grants. Private grants and scholarships outside of BYU may also assist (see kennedy.byu.edu/student/scholarships).

APPLICATION PROCESS

Complete the online application at kennedy.byu.edu/apply. The application requires a \$35 fee. Interviews for positions in the program will be selected from completed applications. Students will be notified via e-mail of their acceptance into the program.

Final Application Deadline: 15 August 2024.

FACULTY

Randy M Page, Director of the Global Health Internship Program and Professor of Public Health is the faculty director for the program. Tana Page, Adjunct Faculty in the Department of Public Health, will be the Assistant Director.

SCHEDULE AND TIME COMMITMENT

Students will be in Europe for approximately 1 week. Students will be required to complete academic assignments prior to this time and upon returning home from the program.

INTERESTED STUDENTS SHOULD CONTACT

International Study Programs
101 HRCB
kennedy.byu.edu/isp

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PROGRAM ADJUSTMENTS

ISP reserves the right to cancel this program, revise its offerings, or make any adjustments to the preliminary cost estimates due to conditions beyond its control. If the program is cancelled, all program payments made to ISP will be refunded to the student's BYU financial account. ISP is the only office authorized to cancel any of its programs.